

DECEMBER 2016

The Spencer Senior Center and Community Center Monday through Thursday 9:00 AM through 3:00 PM
508-885-7546

If you need help, please call to make an appointment. Lunches are available Tuesdays and Thursdays at noon

The mission of the Spencer Council on Aging is to seek to enrich the lives of the community's senior population by providing educational programs recreational activities, referral and social service assistance and to advocate for the seniors while educating the community of the needs of it's elders.

ELDERBUS

IN TOWN TRANSPORTATION DAILY:

MEDICAL APPOINTMENTS IN WORCESTER ON

MONDAY, WEDNESDAY FRIDAY.

48BUSINESS HOUR NOTICE 1-800-321-0243



I CAN HELP WITH APPLICATIONS FOR MEDICARE, SOCIALSECURITY, HOUSING, FOOD STAMPS, FREE PHONE IF ELIGIBLE AND OTHER APPLICATIONS. FUEL ASSISTANCE IS NOT HANDLED HERE. ALSO, IF YOU NEED HELP WITH INSURANCE, WE OFFER THE HELP OF A SHINE COUNSELOR. PLEASE CALL THE CENTER AT 508-885-7546

MEMBERS OF THE COUNCIL ON AGING

Jim Letendre-Chair

Joan Houston-Member

Christine Alessandro-V. Chair

Rachel Sugalski-Alternate

Janet Goff-Member

Lucinda Puchalski-Alternate

Sue Arsenault-Member

Christine Mancini-Member

Mary Williams-Member

Martha Brunelle-Member

Sheila Phoenix-Member

DECEMBER LUNCHESES

12/6: Salmon Boat/Potato/Spinach Dessert

12/8: Stuffed Pepper/

12/13: Shepherd's pie/Peas Carrots/peaches

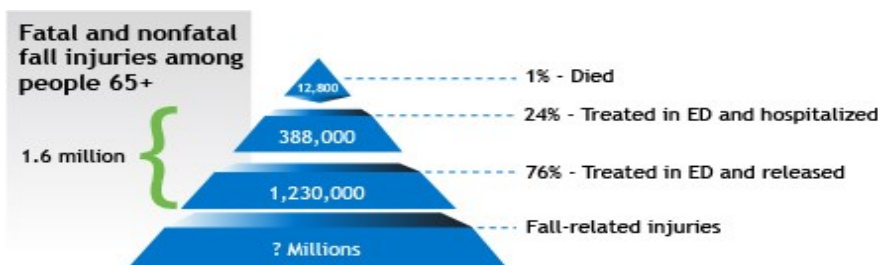
12/15: Pasta Buffet

12/20: Meatloaf/Gravy/Potato/Strawberries

Meals served at noon. \$3 suggested donation

FACTS ABOUT FALLING

- About one third of the elder population over the age of 65 falls each year, and the risk of falls increases proportionately with age. **At 80 years, over half of seniors fall annually.**
- As alarming as they are, these documented statistics fall short of the actual number since many incidents are unreported by seniors and unrecognized by family members or caregivers.
- Frequent falling. Those who fall are two to three times more likely to fall again.
- About half (53%) of the older adults who are discharged for fall-related hip fractures will experience another fall within six months.



- Falls are the leading cause of death due to injury among the elderly. 87% of all fractures in the elderly are due to falls.
- Falls account for 25% of all hospital admissions, and 40% of all nursing home admissions 40% of those admitted do not return to independent living; 25% die within a year.
- Many falls do not result in injuries, yet a large percentage of non-injured fallers (47%) cannot get up without assistance.
- For the elderly who fall and are unable to get up on their own, the period of time spent immobile often affects their health outcome. Muscle cell breakdown starts to occur within 30-60 minutes of compression due to falling. Dehydration, pressure sores, hypothermia, and pneumonia are other complications that may result.
- Getting help after an immobilizing fall improves the chance of survival by 80% and increases the likelihood of a return to independent living.
- Up to 40% of people who have a stroke have a serious fall within the next year.

TAKING OUR TAI CHI AND YOGA CLASSES ARE BENEFICIAL FOR IMPROVING BALANCE.

THAT WAS THE YEAR.....1976



HEADLINES: U.S. CELEBRATES 200TH BIRTHDAY

SAIGON REMAINED HO CHI MINH CITY

CARTER-MONDALE TICKET NOMINATED AT DNC

WHAT'S NEW: Bicentennial quarters

Women Rhodes Scholars

Anglican Woman Priests

Women admitted to Air Force Academy

Average income in 1976: \$9,226

COST OF LIVING: Stamp: 13¢

Car: \$4,100

COST OF FOOD: Bread: 30¢ loaf

Gas: 59¢ gallon

House: \$43,400

Milk: \$1.42 gallon

Life Expectancy: 76.8

SPORTS: World Series: Reds d. Yankees 4-0

Super Bowl: Pittsburgh 21 Dallas 17

NBA Championship: Celtics d. Phoenix Suns 4-3

Dorothy Hamill wins Gold in 76 Olympics

DEATHS: Lee J. Cobb

Agatha Christie

Sal Mineo

Howard Hughes

Jack Cassidy

Johnny Mercer

Rosalind Russel

J. Paul Getty

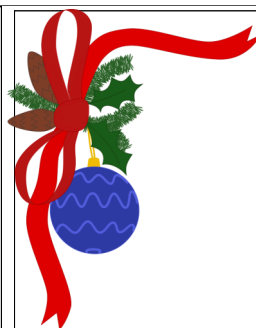
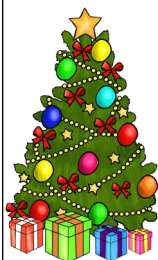
HOLIDAY HUMOR

WEDNESDAY

DECEMBER 14, 2016

12:00PM-12:30PM

3 QUICK PLAYS



CHRISTMAS

CENTERPEICE CLASS

(With Tina Bemis)

MONDAY, DECEMBER 12, 2016

1:00 PM

COST: \$10

SIGN UP IN OFFICE



DECEMBER 2016



Monday	Tuesday	Wednesday	Thursday
			1. 9:30 Yoga 10:30 Exercise 11:30 Lunch
5. 9:30 Cribbage-\$1 9-3 Fuel Assistance (By Appointment)	6. 9:30 Yoga 10:30 Exercise 11:30 Wellness Clinic 11:30 Lunch	7. 9:30 Computer 11:00 Tai Chi 12:30 Line Dancing 1:30 Beginning Line	8. 9:30 Yoga 10:30 Exercise 11:30 Lunch 1:00 Bingo
12. 9:30 Cribbage-\$1 9-3 Fuel Assistance (By Appointment)	13. 9:30 Yoga 10:30 Exercise 11:30 Lunch 1:00 Bingo	14. 9:30 Computer 11:00 Tai Chi 12:30 Line Dancing 1:30 Beginning Line Dancing	15. 9:30 Yoga 10:30 Exercise 11:30 Lunch 1:00 Bingo
19. 9:30 Cribbage-\$1 9-3 Fuel Assistance (By Appointment)	20. 9:30 Yoga 10:30 Exercise 11:30 Lunch 1:00 Bingo	21. 9:30 Computer 11:00 Tai Chi 12:30 Line Dancing 1:30 Beginning Line Dancing	22. 9:30 Yoga 10:30 Exercise 12:00 CLOSED
26. CLOSED	27. CLOSED	28. CLOSED	29. CLOSED